References

1. Ablise, M., Mao, X. M. and. Kasim, R. 2011. “Antioxidant activities of Uyghur medicinal tea in human HL-60 cell line and rat hepatic microsomes” Journal of Medicinal Plants Research (2011) 5: 2677-2681.
2. Aher, V. and Wahi, A.K. Immunomodulatory activity of alcohol extracts of *Terminalia chebula* Retz combretaceae. Tropical Journal of Pharmaceutical Research. (2011) 10(5): 567-575.
3. Aiyer, K.N. and Kolammal, M. Pharmacognosy of Ayurvedic drugs, University of Kerala, (1963) p. 112-116.
4. Anonymous, The wealth of india, Raw material, Publication and information directorate, CSIR. (1987) pp 468.
5. Bandyopadhyay, S.K., Pakrashi, S.C. and Pakrashi, A. The role of antioxidant activity of Phyllanthus emblica fruits on prevention from indomethacin induced gastric ulcer. Journal-of-Ethnopharmacology. (2000) 70(2) 171-176.
6. Bhattacharya, A., Kumar,M., Ghosal, S. and Bhattacharya, S.K. Effect of bioactive tannoid principles of Emblica officinalis on iron-induced hepatic toxicity in rats. Phytomedicine. (2000) 7(2) 173-175.
7. Biswas, S., Talukder, G. and Sharma, A. Protection against cytotoxic effects of arsenic by dietary supplementation with crude extract of Emblica officinalis fruit. Phytotherapy Research. (1999) 13(6) 513-516.
8. Boros, C.A. and Stermitz, F.R. Iridoids, an updated review, part I. J. Nat. Prod (1990) 53: 1055-1147.

9. Brand-Williams, W., Cuvelier, M.E. and Berset, C. Use of a free radical method to evaluate antioxidant activity. LWT Food science and Technology (1995) 28: 25-30.
10. Chandel, K.P.S., Shukla, G. and Sharma, N. Biodiversity in medicinal and aromatic plants in India: Conservation and Utilization (1996) pp.12.
11. Cushnie, T.P.T. and Lamb, A.J. Antimicrobial activity of flavonoids. Int. J. Antimicrob. Agents (2005) 26: 343-356.
12. Dahiya, S.S. Joon, M.S. and Sehrawat, A. Studies on leaf mineral composition of some aonla (*Phyllanthus emblica* L.) cultivars. Crop-Research. (1992) 5: 168-171.
13. Finkel, T. and Holbrook, N.J. 2000. Oxidants, oxidative stress and the biology of ageing. Nature, 408, 239-247.
14. Ghosal, S., Tripathi, V.K. and Chauhan, S. Active constituents of Emblica officinalis: Part 1 - The chemistry and antioxidative effects of two new hydrolysable tannins, emblicanin A and B. Indian Journal of Chemistry. Section B, Organic including Medicinal. (1996) 35(9) 941-948.
15. Gopa, B., Bhatt, J., Hemavathi, K. A comparative clinical study of hypolipidemic efficacy of Amla (Emblica officinalis) with 3-hydroxy-3-methylglutaryl coenzyme-A reductase inhibitor simvastatin. Indian journal of pharmacology (2012) 44(2) 238-242.
16. Halliwel , B. and Gutteridge, J.M.C. 1985. Free radicals, ageing and disease. In Free Radicals in Biology and Medicine, Clarendon, Oxford, 279-315.

17. Hansel, R., Leukert, C.H., Rimpler, H. and Schaaf, K.D. Chemotaxonomische untersuchungen in der gattung Vitex L. Phytochem. (1965) 4:19-27.
18. Hayes, P.Y., Jahidin, A.H., Lehmann, R., Penman, K., Kitchinga, W. and Vossa, J.J.D. Asparinins, asparosides, curillins, curillosides and shavatarins: structural clarification with the isolation of shatavarin V, a new steroidal saponin from the root of *Asparagus racemosus*. Tetrahedron Letters (2006) 47: 8683-8687.
19. Hoberg, E., Meier, B. and Sticher, O. An analytical high performance liquid chromatographic method for the determination of agnuside and p- hydroxy benzoic acid contents in Agni-casti fructus. Phtochem Anal. (2000) 11: 327-329.
20. Hossain, M.M., Paul, N., Sohrab, N.H., Rahman, E. and Rashid, M.A. Antimicrobial activity of *Vitex trifolia*. Fitoter (2001) 72: 695-697
21. Ito, N., Fukushima, S. and Tsunda, H. “Carcinogenicity and modification of the carcinogenic response by BHA,BHT and other antioxidants” CRC Critical reviews in Toxicology (1986) 15: 109-150.
22. Jain, P.K. and Agrawal, R.K. Determination of shatavarin-IV in *Asparagus racemosus* by high performance thin layer chromatography. J. Res. Educ. Indian. Med (2009) 15(1): 15-18.
23. Jose, J.K. and Kuttan, R. Hepatoprotective activity of Emblica officinalis and Chyavanaprash. Journal of Ethnopharmacology. (2000) 72(1-2) 135-140.
24. Kannan, P., Ramadevi, S.R. and Hopper, W. Antibacterial activity of *Terminalia chebula* fruit extract. African Journal of Microbiology Research (2009) 3(4): 180-184.

25. Khan, K.H. Roles of *Emblica officinalis* in Medicine - A Review. (2009). Botany Research International 2 (4): 218-228.
26. Kim, T.G., Kang, S.Y., Jung, K.K., Kang, J.H., Lee, E., Han, H.M. and Kim, S.H. Antiviral activities of extracts isolated from *Terminalis chebula* Retz., *Sanguisorba officinalis* L., *Rubus coreanus* Miq and *Rheum palmatum* L. against hepatitis B virus. Phytotherapy research (2001) 15(8): 718-720.
27. Kirtikar, K.R. and Basu, B.D. Indian medicinal plants, vol. III. 2nd ed, India (1980) 1936-1938.
28. Kite, G.C., Porter, E.A. and Simmonds M.S.J. Chromatographic behavior of steroidal saponins studied by high-performance liquid chromatography-mass spectrometry. J. Chromatogr. A. (2007) 1148: 177-183.
29. Kratchanova, M., Denev, P., Ciz, M., Lojek, A. and Mihailov, A. "Evaluation of antioxidant activity of medicinal plants containing polyphenol compounds. Comparison of two extraction systems" Acta Biochimica Polonica (2010) 57: 229-234.
30. Kumar, M., Rawat, P., Dixit, P., Mishra, D., Gautam, A.K., Pandey, R., Singh, D., Chattopadhyay, N., and Maurya, R. "Anti-osteoporotic constituents from Indian medicinal plants" Phytomed (2010) 17: 993-999.
31. Lee, S.E., Hwang, H.J. and Ha, J.S. Screening of medicinal plant extracts for antioxidant activity. Life Sciences (2003) 73: 167-179.
32. Li, L.X., Chun, C., Ming, Z.M., Shui, W.J., Wei, L., Bao, Y. and Ming, J.Y. Identification of phenolics in the fruit of emblica (Phyllanthus emblica L.) and their antioxidant activities. Food Chemistry (2008) 109(4): 909-915.

33. Li, X., Wu, X. and Huang, L. Correlation between antioxidant activities and phenolic contents of radix angelicae sinensis (Danggui). Molecules (2009) 14: 5349-5361.

34. Lobo, V., Patil, A., Phatak, A. and Chandra, N. “Free radicals, antioxidants and functional foods: Impact on human health” Pharmacognosy Review (2010) 4: 118-126.

35. Lokhande, P.J. and Verma, J.K. Quantification of negundoside in *Vitex negundo* Linn. leaf by high performance thin layer chromatography. J. Planar Chrom (2009) 22: 225-228.

36. Madhavi, G.P., Vishal, R.P. and Rakesh, K.P. Development and validation of improved RP-HPLC method for identification and estimation of ellagic and gallic acid in Triphala churna. International Journal of ChemTech Research. (2010) 2(3): 1486-1493.

37. Mahajan, A. and Pai, N. Simultaneous isolation and identification of phytoconstituents from *Terminalia chebula* by preparative chromatography. J. Chem. Pharm. Res (2010) 2(5): 97-103.

38. Manjunatha, B.K. and Vidya, S.M. Hepatoprotective activity of *Vitex trifolia* against carbon tetrachloride induced hepatic damage. Ind. J. Pharm. Sci (2008) 70: 241-245.

39. Manumdar, S., Sasmal. S., Mukherjee, A. and Gupta, M. Evaluation of Antipyretic efficacy of a traditional herbal medicine, Journal of Pharmacy Research (2011) 4(11) 3985-3988.

40. Nain, P., saini, V., Sharma, S. and Nain, J. Antidiabetic and Antioxidant Potential of Emblica officinalis Gearth, leaves extract in streptozotocin- induced type-2 diabetes mellitus (T20M) rats. Journal of Ethnopharmacology (2012) 142(1) 65-71.
41. Negi, J.S., Singh, P., Pant, G.J.N. and Rawat, M.S.M. High performance liquid chromatographic analysis of derivatized sapogenin of Asparagus (RP-HPLC analysis of derivatized sapogenin of Asparagus). Journal of Medicinal Plants Research (2011) 5(10): 1900-1904.
42. Owolabi, J., Omogbai, E.K.I. and Obasuyi, O. Antifungal and antibacterial activities of the ethanolic and aqueous extract of *Kigelia africana* (Bignoniaceae) stem bark. African Journal of Biotechnology (2007) 6(14): 882-885.
43. Oyaizu, M. Studies on products of browning reaction: antioxidative activities of browning reaction prepared from glucosamine. Japanese Journal of Nutrition (1986) 44: 307-315.
44. Patricia, Y.H., Aisyah, H.J., Reg, L., Kerry. P., William, K. and James J.D.V. Structure revision of shatavarins I and IV, The major components from the roots of *Asparagus racemosus.* Tetrahed. Lett (2006) 47: 6965-6969.
45. Pawar, V. Lahorkar, P. and Narayana, D.B.A. Development of a RP-HPLC method for analysis of Triphala curna and its applicability to test variations in Triphala curna preparations. Indian Journal of Pharmaceutical Sciences. (2009) 71(4): 382-386.

46. Penumajji, S., Bobbarala, V. and Naidu, K.C. Extraction and optimization of molecular marker compounds from Asparagus racemosus using HPLC with ELS detector. Journal of Pharmacy Research (2010) 3(1): 159-162.
47. Perianayagam, J.B., Sharma, S.K., Joseph, A. and Christina, A.J.M. Evaluation of anti-pyretic and analgesic activity of Emblica officinalis Gaertn. Journal-of-Ethnopharmacology. (2004) 95(1): 83-85.
48. Petrovska, B.B. Historical review of medicinal plants usage. Phcog Rev (2012) 6: 1-5.
49. Potduang, B., Meeploy, M., Giwanon, R., Benmart, Y., Kaewduang, M. and Supatanakul, W. Biological activities of *Asparagus racemosus*. Afr J Tradit Complement Altern Med (2008) 5: 230–237.
50. Quality standards of Indian medicinal plants, Vol 1: 29-33
51. Rajeshkumar, N.V. and Kuttan, R. Cancare -- a herbal formulation inhibits chemically induced tumours in experimental animals. Indian Journal of Experimental Biology (2001) 39(7) 654-659.
52. Rao, M.R., Palada, M.C. and Becker, B.N. Medicinal and aromatic plants in agro forestry systems. Agroforestry System (2004) 61**:**107–122.
53. Rao, N.K. and Nammi, S. Antidiabetic and renoprotective effects of the chloroform extract of *Terminalia chebula* Retz. Seeds in streptozotocin-induced diabetic rats, BMC Complement Altern Med *(*2006) 6: 17.
54. Re, R., Pellegrini, N., Proteggente, A., Pannala, A., Yang, M. and Rice-Evans, C. Antioxidant activity applying an improved ABTS radical cation decolorization assay. Free Radical Biology (1999) 26: 1231-1237.

55. Sharma, R. Medicinal Plants of India- an Encyclopedic. (2003) 96- 97.

56. Sharma, R.L., Prabhakar, A., Dhar, K.L. and Sachar, A. A new iridoid glycoside from *Vitex negundo* Linn (Verbenacae). Nat. Prod. Res (2009) 13: 1201-1209.

57. Sing, A.P., Ryali, S. and Varadhacharyulu, P. Negundoside from leaves of *Vitex negundo*. Int. J. Chem & Anal Sci (2011) 2: 1197-1198.

58. Singleton, V.L, Orthofer, R., Lamuela –Raventos, R.M. 1999.Analysis of total phenols and other oxidation substrates and antioxidants by means of Folin-Ciocalteu reagent. Methods in Enzymology, vol. 29, pp. 152-178

59. Srikumar, R, Parthasarathy, N.J. and Devi, R.S. Immunomodulatory activity of Triphala on neutrophil functions. Biological and Pharmaceutical Bulletin. (2005) 28(8): 1398-1403.

60. Suchalatha, S. and Devi, C.S. Antioxidant activity of ethanolic extract of *Terminalia chebula* fruit against isoproterenol – induced oxidative stress in rats. Indian Journal of Biochemistry and Biophysics (2005) 42: 246-249.

61. Suja, K.P., Jayalekshmy, A. and Arumughan, C. “Antioxidant activity of sesame cake extract” Food Chemistry (2005) 91: 213-219.

62. SuryaPrakash D.V., Satya, N.S., Avanigadda, S. and Vangalapati, M. Pharmacological Review on *Terminalia Chebula*. International Journal of Research in Pharmaceutical and Biomedical Sciences. (2012) 3(2): 679-683.

63. Tasduq, S.A., Kaiser, P.J., Gupta, B.D., Gupta, V.K. and Johri, R.K. Negundoside, an iridoid glycoside from the leaves of *Vitex negundo* protects human liver cells against calcium mediated toxicity induced by carbon tetrachloride. World J Gastroenterology (2008) 21: 3693 -3709.

64. Temple, N.J. 2000. Antioxidants and disease. More questions than answers. Nutrition Research, 20, 449-459
65. Tiwari, N.S. luqman, N. Masood, M.M. Gupta, Validated high performance thin layer chromatographic method for simultaneous quantification of major iridoids in Vitex trifolia and their antioxidant studies. J.Pharm & Biomed. Anal (2012) 61: 207-214
66. Wang, L., Wang, X., Yuan, X. and Zhao, B. Simultaneous analysis of diosgenin and sarsasapogenin in Asparagus officinalis byproduct thin layer chromatography. Phytochemical Analysis (2011) 22: 14-17.
67. Wealth of India, Raw Materials, 1956. CSIR, New Delhi, Vol. X, pp. 164-167.
68. Willett, W.C.. Balancing life style and genomics research for disease prevention. Science (2002) 296: 695-698
69. Wong, P.Y Y. and Kitts, D.D. Chemistry of buttermilk solid antioxidant activity. Journal of Dairy Science (2003) 86: 1541-1547.
70. Yanai, N., Shiotani, S., Hagiwara, S., Nabetani, H. and Nakajima, M. 2008. Antioxidant combination inhibits reactive oxygen species mediated damage. Bioscience, Biotechnology and Biochemistry, 72, 3100-3106
71. Zhang, Y.J., Tanaka, T., Iwamoto, Y., Yang, C.R. and Kouno, I. Novel norsesquiterpenoids from the roots of Phyllanthus emblica. Journal of Natural Products (2000) 63 (11) 1507-151.
72. Zhang, Y.J., Tanaka, T., Yang, C.R. and Kouno, I. New phenolic constituents from the fruit juice of Phyllanthus emblica. Chemical and Pharmaceutical Bulletin (2001) 49 (5) 537-540.

73. Zhao, F., Morita, I., Murota, S.I. and Yao, X.S. Anti-inflammatory activities of Phyllanthus emblica and Betula alnoides through transcription factor NF-kappaB pathway. Journal of Traditional Medicines (1999) 16(4) 155-162.